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Herbs and Spices- a Comparision by Julia Roger

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It is sometimes a tough question to provide an explanation for the difference between herbs and spices, but on some research, you could find some websites, which deal with it.

It is said that herbs are the fresh leaves found in green plants, whereas spices are pieces of dried parts of the plant. We use herbs spices in the kitchen. It could become a little complex especially, when you find that the herbs you use in the kitchen for seasoning the dish might be dried and not fresh always. Most people living in city areas are not fortunate enough to grow herbs at their residence, due to lack of space. In the kitchen, we use herbs like marjoram, oregano, sage, parsley, rosemary, basil, and so on. You can find them easily at a supermarket, however, in the dried form. Spices are mostly sold and are used after being dried. You could get fresh ones, only at select places. Spices tend to be barks, roots, seeds or flowers. You can also find stigmas such as saffron that is used for giving a delicious flavor to the different dishes, based on the type of preparation. You can also find dried fruits and seeds like black pepper, mustard and fennel. These provide with special flavor to the main dishes.

Some of the herbs and spices are used in not only in the kitchen for flavoring the dishes, but some herbs like sage and rosemary are used in preparing delicious tea. Herbs spices also have a medical effect as it soothes the throat, especially if you are suffering from a sore throat.

Herbs and spices elevate aroma, taste of the food, and provides the individual with a rich food experience. In fact, herbs spices are considered to be natureâ€™s gift to human beings.

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For more information on a herbs and spices, check out the info available online; these will help you learn to find the a herbs spices!

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